

Did you know?

Lead poisoning is caused by swallowing or breathing in lead dust or fumes that can be found in:



- Paint and varnish in homes built before 1978
- Some items such as clay pots, spices, toys, makeup, jewelry, and ammo
- Some soil and tap water
- Items brought home from a workplace where lead is present

Children with lead poisoning can experience short and long-term health problems such as:

- Delays in development
- Difficulty learning
- Irritability
- Weight loss
- Hearing loss
- Seizures
- Loss of appetite



Contact Us

Washington Ozaukee Public Health Department

- Washington County: 262-335-4462
- Ozaukee County: 262-284-8170

Resources

Lead Testing for Homeowners



Wisconsin Occupational Health Laboratory
<http://www.slh.wisc.edu/occupational/wohl/analytical-services/healthy-homes-2/lead-for-homeowners/>



Lead-Safe Wisconsin

Wisconsin Department of Health Services
<https://www.dhs.wisconsin.gov/lead/index.htm>

Childhood Lead Poisoning Prevention



Centers for Disease Control & Prevention
<https://www.cdc.gov/nceh/lead/default.htm>

Sources:

DHS-Lead Safe Wisconsin Publications
P-44535A, P-02602, P-44968, P-45015, P-02409, P-01737, and P-01588



CHILDHOOD LEAD PREVENTION PROGRAM



**WASHINGTON OZAUKEE
PUBLIC HEALTH DEPARTMENT**

Updated October 2021

The good news:

Lead poisoning is
100% preventable!

Protecting Your Child



Play safely

- Keep children away from chipping paint or varnish
- Wash hands frequently, especially before meals, naps, and bedtime
- Dispose of recalled toys (recalls posted at: www.cpsc.gov)



Renovate safely

- Use contractors certified by the Environmental Protection Agency (more info at: www.epa.gov/lead)



Live safely

- If someone in the house works with lead, they should change clothing and shoes before coming inside, leave work gear outside, shower once getting home, and wash work clothes separate from other laundry.

Cleaning Tips

Cleaning regularly can help lower the amount of lead in your home that could potentially harm the children and adults living there.

- Use a vacuum with a HEPA filter on carpeted areas.
- Use a disposable rag or mop to clean flooring, walls, furniture, window sills, and other surfaces to remove dust that might have lead in it.
- If you don't have disposable rags, wash them separate from other laundry and run washer through an empty cycle prior to doing other laundry.
- Remember to wash toys and pacifiers regularly.



Eating Right

If a child is exposed to lead, eating a balanced diet rich in calcium, iron, and vitamin C can help their body absorb less lead into their bones and bloodstream, and eliminate lead already in the body.

- Foods high in calcium:
 - Dairy such as milk, cheese, and yogurt
- Foods high in iron:
 - Leafy green vegetables, raisins, beans, iron rich cereals, red meat, and nuts
- Foods high in vitamin C:
 - Oranges, bell peppers, broccoli, kiwi, cantaloupe, strawberries, and tomatoes

Food prep tip:

Avoid foods high in fat, as they can cause lead to stay in the body longer.

